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NEWS

Gardens For Good: Growing food locally for our neighbors

SPECIAL TO THE NEWS

July 28, 2023 . 10:26 PM — 2 min read

By Regina Campbell

Gardens for Good is a newly formed community group which ha committed to turning parts of our lawns into gardens and/or volunteering

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our time to grow fresh produce for neighbors who are patrons of the Council for Social Concern and the En Ka Food Pantry. **Gardens for Good** is a project of the Winchester Farmers Market Community Hub and is supported by Wright-Locke Farm. Our mission is to increase the availability of fresh, local, healthy food to the diets of local food pantry patrons. We have committed to use regenerative, organic growing practices with the idea of growing food in an ecologically sustainable way that re-carbonizes the soil.

For me, joining this team has been a wonderful experience! I have met Winchester neighbors I never knew before. In the early spring we planned and built gardens for those who didn't have one. My yard already has a substantial size vegetable garden and a 25-foot potato patch was added. Fred Yen from the Farmers Market started plants from seed to supplement what we individually bought. As our various plants grew, members gathered to shovel compost to mound growing potato patches. For my garden that meant a three cubic yard delivery! For those of us with gardens, if we need help with maintenance we are paired with helpers. I am very happy to see my helpers show up every few weeks to lend a hand for weeding! I also learned this year that planting clover as a cover crop in my garden not only keeps the weeds out, but adds nitrogen to the soil to promote plant health and growth. Fred Yen installed an irrigation system for my and other gardens. This not only is a healthier and more water conserving way to water, but saves me time! (It used to take me an hour to water my garden in previous summers.)

I have come to look forward to our weekly Zoom meetings when we discuss everything from growing tips to logistics of how to collect, clean, and distribute produce which is now coming in. Our group is comprised of folks with various levels of gardening experience and each with a great heart! We all have strengths and learn from each other. We have visited each other's gardens to get ideas and instructions. We cover wate harvesting for each other if we are away on vacation.

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If you have a garden and find yourself harvesting more than your family can use, please contact me! We would love to add your produce to our collection for distribution to the pantries. There are drop off locations in our homes at each corner of town. We also can always use more volunteers in any capacity, so please consider joining the fun!

Regina Campbell

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Regina Campbell is a physical therapist living and gardening on Mayflower Road.

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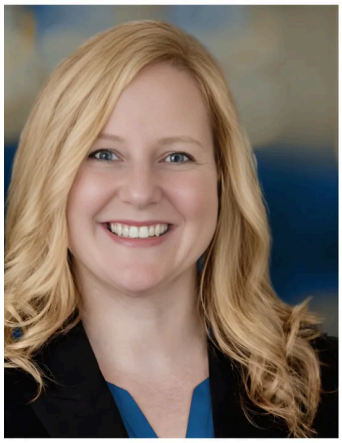

NEWS

Winchester School Committee candidates bring contrasting backgrounds to Thursday forum

Two candidates for Winchester's School Committee will face voters at a forum as the district navigates a new literacy curriculum, budget pressures and questions about student mental health. Heather von Mering and John Bellaire are competing for an open seat on the School Committee, which oversees a budget von

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NEWS

Rep. Michael Day helps House colleagues pass sweeping energy affordability bill

The following was submitted by the Office of Rep. Michael S. Day: Rep. Michael S. Day and his colleagues in the House of Representatives recently passed energy affordability legislation that would result in over $9 billion in savings for utility ratepayers over the next 10 years. The bill maintains critical

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NEWS

Winchester gun owners face new training rules starting April 2

Public safety data How Winchester compares on firearms licenses in comparable Massachusetts communities Active licenses

NEWS

Sen. Jason Lewis, Mass. Senate strengthen fair housing protections for rente

The following was submitted by the Office of Sen. Jason Lewis: State Sen. Jason Lewis

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as of Jan. 25, 2025 — Source: Massachusetts Criminal History Systems Board License to carry firearms Firearms identification card Winchester and Marblehead are the focus communities. Peers selected based on comparable population size, demographics and suburban

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joined his colleagues in the Massachusetts Senate to pass legislation that protects residents from discrimination in the housing market as the Trump administration abandons its enforcement of the federal Fair Housing Act. Illegal discrimination continues

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EVENTS

Celebrate Women's History Month with Girls Leading Change

The following was submitted by the Network for Social Justice: To mark Women's History Month and International Women's Day in 2026, the Network for Social Justice is collaborating with club leaders from Winchester High School and members of the Community Health team from La Colaborativa in Chelsea and

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FEATURES

‘Chicago: Teen Edition’ dances onto the Winchester High School stage

By Talia Ho | Correspondent Fame. Fortune. And all that jazz. This spring, Winchester High School presents “Chicago: Teen Edition,” a bold musical that explores celebrity culture, media manipulation, and the cost of ambition. This iconic production is set in the 1920s. Performances will take place on March 13 and 14

SPECIAL TO THE NEWS
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EVENTS

Ripley Chapel in Winchester presents ‘Syldason: You Are Welcome Here’

The following was submitted by the Ripley Chapel at First Congregational Church: On Friday, March 13, beginning at 7:30 p.m., live in-person and live streamed from the stunning Ripley Chapel at First Congregational Church, Winchester, 21 Church St., join in with Syldason, a duo concert featuring Sylvie Zakarian,

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